

**DR. McDOUGALL'S
COLOR PICTURE BOOK
"FOOD POISONING": HOW TO
CURE IT BY EATING BEANS, CORN,
PASTA, POTATOES, RICE, ETC.**

A PRESENTATION BY

JOHN McDOUGALL, MD



What if learning how to cure yourself from "food poisoning" was as elementary as a color picture book? Dr. John McDougall, a renowned pioneering physician in the use of nutrition as medicine, has answers for people both young and old in this colorful presentation based on peer-reviewed research. Learn how to help improve your health by avoiding the food poisons of highly processed and animal-based products that can give you poor health, from constipation and obesity to diabetes, heart disease, arthritis, cancer and GERD, and by eating, instead, the whole and lightly processed plant-based, starch-rich foods that can aid your body to heal itself.

John McDougall, MD, has been studying, writing, and speaking about the effects of nutrition on disease since 1968. He believes that people should look and feel great, and enjoy optimal health for a lifetime. Dr. McDougall has developed a nourishing, low-fat, starch-based diet that not only promotes a broad range of dramatic and lasting health benefits, such as weight (fat) loss, but most importantly can also reverse serious illness, such as heart disease, type-2 diabetes, and arthritis, without drugs. He helps people stop unnecessary medications and avoid, whenever possible, tests, surgeries, and other treatments.

Dr. McDougall is a board-certified internist, author of 12 national best-selling books and the international online "McDougall Newsletter," host of the nationally syndicated television show "McDougall MD," and medical director of the 10-day, live-in McDougall Program in Santa Rosa, California. Other McDougall activities include seminars and health-oriented adventure vacations.

TUESDAY, OCT. 13, 2015, 7 P.M.

ALA WAI GOLF COURSE CLUBHOUSE

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